



# ESAA

## English Schools' Athletic Association

### **NEW BALANCE ENGLISH SCHOOLS VIRTUAL CROSS COUNTRY CHAMPIONSHIPS 2021**

Dear Athletes, Coaches and Teachers

I do hope that you are well, and have found ways to keep healthy, fit and active with your running in this challenging year. To begin with, I am sad that the English Schools Cross Country Championships could not go ahead as normal this year, due to the ongoing restrictions caused by the pandemic. The health of our officials, athletes and spectators is paramount and we have to base our decisions on the current government's restrictions and national guidelines.

To keep the spirit of the event alive, we have decided to launch a virtual event that we hope will generate healthy competition between athletes across the country, even though we will not be able to be in the same place at the same time.

#### **Background**

We needed to come up with a way that athletes can run exact distances that have been accurately measured and verified for competition. It is up to the athlete to choose the course they wish to run and post a time, to be submitted as part of the competition. Some country parks have designated routes that have been measured already. We are aware that some courses are different but **we are not advising a particular course or courses and school or club courses can be used as well.**

**English Schools would like to point out that 'Park Run' events are not permitted at the moment and we are only suggesting you might use a park run venue to record your time.**

**Step 1: Course** – find a course local to you (adhere to current travel restrictions)

**Step 2: Safety** – Check the route yourself to ensure you are happy with it and make sure it is accurately measured. English Schools will not be held responsible for any injuries that may occur.

**Step 3: Sign Up – Enter the race**, for free, via this link, telling us which course you have chosen, your time, the county you represent, your age group (race distances are different) and an email of the person who is verifying your time

[https://docs.google.com/forms/d/1a\\_naydV0bfTLyyWjqPXG5Elk1A5J9GrhinZ3sQAUeM/edit?ts=6039047e](https://docs.google.com/forms/d/1a_naydV0bfTLyyWjqPXG5Elk1A5J9GrhinZ3sQAUeM/edit?ts=6039047e)



**Supporting ESAA National Championships**

Registered charity No 275436

VAT registered No 148934139



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### Age Groups

**Junior** – Thirteen years and under fifteen years of age on 31<sup>st</sup> August at the end of the current school year

**Intermediate** – Fifteen years and under seventeen years of age on 31<sup>st</sup> August of the current school year

**Senior** – Seventeen years and under nineteen years of age on 31<sup>st</sup> August at the end of the current school year

### Race Distances – (used for simplicity purposes only)

Junior Girls and Junior Boys – **2k** (Junior Park Run)

Intermediate Boys, Girls & Senior Boys, Girls – **5k**

### Race Week

We are giving you a TWO week window to record your time. Entries will open on Monday 15<sup>th</sup> March and will close at midnight on Sunday 28<sup>th</sup> March

### Verification of times

Times must be verified by a coach or teacher, their email is to be included on the entry form as part of the verification process.

### Government Guidelines

We strongly recommend that you adhere to government guidelines with regards travel and suitable travel distances for leisure (further details on travel are available on the governments web page) you must also adhere to government guidelines on exercise in open spaces and coaching.

We strongly recommend that you run as an individual, sticking to the strict government guidelines on physical activity in open spaces.

We do not wish for large groups to turn up to run at one time, you must consider the general public using public open spaces.

### Individual & Team Awards

Certificates will be awarded to every athlete that competes in the virtual event from each age group, JG, JB, IG, IB, SB & SG. These will be sent to athletes, via email.

If there are sufficient entries in each age group, we will consider team awards which will be based on the top SIX places (combined) for each age group and a points system used as per cross country scoring.



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### Results

Results will be published on the ESAA web page and the ESAA Facebook page.

Good luck and enjoy the experience

**Paul Allison – English Schools Cross Country Secretary**



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